

Abstract

Title: Dry land training of swimmers in the age group 13-14 years

Objectives: The aim of the bachelor thesis is to find out and to specialize the content of the dryland swimming training during basic swimming training. Due to different demand on focus on preparation of the swimmers on dryland in different phases of the training, the survey fixed its attention on swimmers aged 13-14 years. The research was conducted in swimming clubs with their sports activity in Prague and Central Bohemian region.

Methods: The main method of the research was using a self-report questionnaire. To evaluate the research data, the methods of analysis and comparison were used. The sectorial analysis was applied to the subentries with help of the graph showing. One used the method of comparison to compare the acquired data in the given regions of the Czech Republic.

Results: Despite some differences between Prague and the Central Bohemia results suggest that three quarters of the surveyed swimming clubs realize dry land training for 13-14 year old swimmers in the range of 1-2 hours per week with the most common subsidies of between 45-60 minutes before swimming training in a swimming pool complex areas, or even off-campus swimming pool. Personnel is mostly preparation for drought secured a coach with swimming qualifying class, which also leads training in the water. Conceptually prevailing dry land training broadly focused. Content is mainly applied exercises to develop flexibility, coordination and muscular strength through using own body weight. Dry land training is also represented in most of the monitored clubs as well as in several camps in the annual training cycle focusing on water training or as a single concentration using in addition to the activities above mentioned various physical activities on land cyclical nature.

Keywords: swimming, the basic swim training, dry land training, securing, content